

## **ABSTRACT**

**Title:** Psychological preparation of cross country skier

**Aims:** The aim of the thesis was to determine an attitude of cross-country skiers towards integrating a psychological preparation into their training proces and assess this approach for man and woman separately

**Methodology:** This thesis was designed as a quantitative research using public inquiry. In order to compile anonymous survey, standardized closed questions were used. The selection of questions was based on multiple consultations with experts in the field of the psychology, methodology and cross-country skiing. The survey was sent to skiers of selected categories together with an introductory explanation. The cross-country skiers were contacted via e-mail or phone and they got detailed explanation of the procedure for completing the survey. The received data were statistically analyzed.

**Results:** 50 athletes from 50 respondents have sent back the completed survey. Based on the results of the public inquiry, we can conclude that the majority of respondents expressed a positive attitude towards including the psychological preparation into their training process. The opinions about the need of a professional help differ based on the gender. Women appreciate the professional psychological help significantly more often than men.

**Keywords:** cross county skiing, sport psychology, motivation